

PLANETALK

167TH AIRLIFT WING
MARCH 2023

Next UTA 1-2 APRIL 2023



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ON THE COVER

A C-17 Globemaster III aircraft undergoes routine cleaning in the corrosion prevention hangar at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 5, 2023. Each aircraft at the wing receives an extensive cleaning every six months to prevent corrosion, identify potential issues and maintain proper appearance of the aircraft. (U.S. Air National Guard photo by Staff Sgt. Edward Michon)

ON THE BACK COVER

U.S. Air Force Tech. Sgt. David Acly and Staff Sgt. Stephen Minter, aircraft maintainers with the 167th Maintenance group, scrub the underside of a C-17 Globemaster III aircraft during a corrosion prevention wash at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 5, 2023. Each aircraft at the wing receive an extensive cleaning every six months to prevent corrosion, identify potential issues and maintain proper appearance of the aircraft. (U.S. Air National Guard photo by Staff Sgt. Edward Michon)



167AW WING COMMANDER
Col. Martin Timko

Mighty Airlift Wing!

de·ter·rence /də'tərəns, də'terəns/ *noun* – the action of discouraging an action or event through instilling doubt or fear of the consequences.

I begin this month with a definition that greatly assists in boiling-down the true reason of why we are training the way we do and the purpose of our August Readiness Exercise. We as a WVNG Mobility Airlift Wing are ultimately charged to bring cargo, passengers, and support into the fray, no matter where in the world a conflict or crisis has erupted. Over the past two decades, the U.S. Military's posture, response, and continual engagement for the Global War on Terrorism is no longer sufficient to deter our adversaries and defend our nation. This is why one now reads about terminology such as Agile Combat Employment (ACE), Multi-Capable Airmen, Near-Peer Threat, Expeditionary Air Base (XAB), and the NEXTGEN Fight. Time and technology has altered the threat landscape and place potential adversaries on even-footing with the U.S. Military when it comes to capabilities, platforms, and lethality. As the U.S. Military reshapes itself for these emerging threats, continual demonstration of our capabilities and commitment to see the mission through is the ultimate deterrent to those that think to cause our nation harm.

What does all of this mean for the 167th Airlift Wing? Charged with the mission to support and defend the state and nation, we too as a combat entity need to evolve our mindset, our capabilities, and in-turn our readiness posture. What we are asking of our personnel is evolving just as the way we will employ our capabilities evolves. Moving away from large distribution bases, our mobility assets will be leaner, agile, and self-sufficient as we generate logistical support in new and dynamic ways. New capabilities will be introduced to offer touchpoints on how our wing personnel can serve the greater enterprise of U.S. military forces. Broadening will be achieved with our folks as they expand from their baseline specialties and learn other ways to support the mission at the natural intersections of complementary cross-functions. Going forward, be prepared to expand your "toolbox" of specialty skillsets and knowledge.

My intent is to stress the wing in August with challenges and circumstances that will drive a need for creative solutions, perseverance in difficult environments, and the ability to keep the mission flowing despite lacking normal or needed resources. The simple reality is that we are a "no fail" organization when it comes to our global airlift mission. We must succeed in finding ways to get things done because our fellow Airmen, our supported Service Components, and the nation as a whole depends on our determination, endurance, and success. Going forward from March UTA, expect more conversations and more touchpoints to drive preparedness for the coming August exercise while staying laser-focused on the tasks at-hand.

If the winds can calm down for a spell, they we can start to realize the taste of seasonal change in the air. The clocks will be "Springing" forward in just days and the plants and trees will continue to wake-up and show forth their greenery. I enjoyed seeing the high energy throughout the base this weekend and challenge all of you to take it up another notch for April UTA which is scheduled right at the 1st of the month (no foolin'!) Get ready for longer daylight periods as we shrug-off winter and have another chance at preparation, training, and task accomplishment. Until then, be well, stay safe, and most importantly: STAY MIGHTY

--Marty

Vision

The Premier Airlift Wing
Mission Ready, Committed to Airmen and Community,
and Dedicated to Continuous Improvement



167AW WING COMMAND CHIEF
Command Chief Master Sgt. Troy Brawner

Team,

Another eventful drill has come and gone. I hope you and your team were able to get some valuable training completed. Just like you I try to balance the many requirements and tasks throughout drill weekend. It's not easy. Thank you for continued focus and commitment.

Besides some wind on Saturday the weather was not too bad. You can feel the change in season gradually taking hold. Warm weather ahead! And with that warm weather we have a very active spring/summer coming our way. We will kickoff the busy season with a super drill in June, followed by some of you participating in Boy Scout Jamboree in July. Finally, we will wrap up the busy season with a readiness exercise in August. Sprinkle some annual training trips throughout the summer and we have a full plate to say the least. So, adjust your helmet, step to the plate, and get ready to swing. There is room for every one of us to contribute. Col. Timko and I have no doubt we will meet every challenge with energy and passion.

Congratulations goes out to CMSgt Daniel Ritenour and CMSgt Jeffrey DeMille on their recent promotion to Chief Master Sergeant. Well-deserved! I look forward to working with both as they take on their new rank and roles. I have no doubt they will continue to provide sound leadership within their groups.

If you have not attended your council meeting in a while, you are missing out. There is a lot going on. I was given an opportunity over drill weekend to speak to a joint council audience consisting of our Rising 6 and Top 3. I fielded questions and shared my perspective on the topic of individual development. It was good to see the hunger for challenge and energy exuded from the audience. It confirms to me that our wing is in a good place with up-and-coming leaders. I ask each of you to continue to grow in your specific trade as well as leadership skills. The sky is the limit. I look forward to watching you reach your goals.

The August Readiness Exercise carries much significance. We have all seen the recent DoD messages at the senior leadership level regarding our top adversary. You cannot turn on the tv or other media and there not be a discussion of the challenge ahead. And if your family is anything like mine it is a growing topic around the kitchen table. My advice? Let's take care of our business. Let's get laser focused on every task that we do. Let's continue to grow our team on job knowledge and execution of our responsibilities. Let's be ready for whatever fight comes our way whether that be years from now or next week. It starts now with preparing and working on deficiencies and then getting after it during our readiness inspection in August.

I look forward to seeing you soon!

Your Chief,

Chief Brawner #8

Maintenance facility renovations step towards right-sizing 167th Airlift Wing

by Senior Master Sgt. Emily Beightol-Deyerle

Renovations to aircraft maintenance facilities at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, began last November and are expected to continue through spring of next year.

The \$10 million project will reconfigure the two-story building to house maintenance on the first floor and base operations functions on the second floor. Renovations are being executed in a phased process to minimize disruptions to aircraft maintenance operations.

The 167th Maintenance Group currently occupies both floors of building 307 which adjoins two aircraft hangars.

"This is the first step in our efforts to right-size the base to our authorized footprint for C-17 aircraft operations," said Maj. Blake Bennett, 167th Civil Engineering Squadron deputy base civil engineer.

The wing grew significantly in manning and square footage during the transition in the early

2000's from C-130 Hercules to the much larger C-5 Galaxy aircraft. The 167th was also an Isochronal Inspection Site during its C-5 era which added to the allotted square footage. Since the wing's conversion to C-17 Globemaster aircraft in 2014, the manning and authorized square footage have decreased leaving the base at 155% over its authorized space.

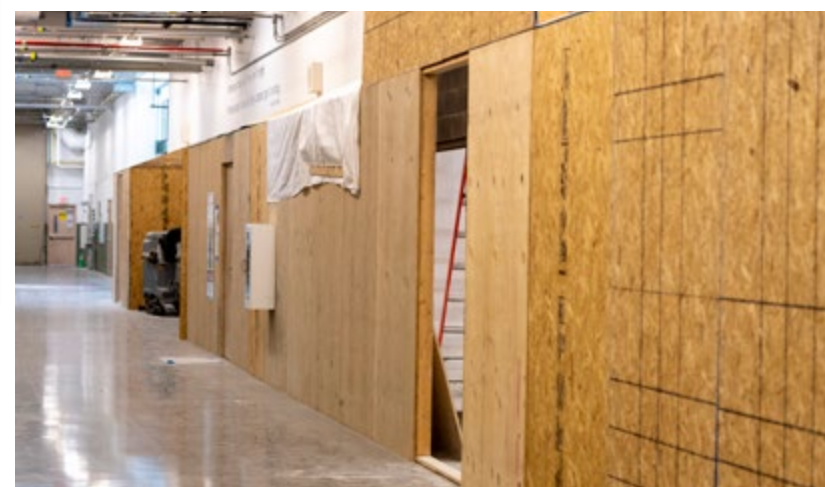
"We are funded per authorized square footage, not our actual square footage," explained Bennett. "By right-sizing our installation, our funds will go much further in the maintenance of our facilities."

The project implements recommendations from the wing's 2015 Installation Development Plan which calls for a series of building renovations and demolitions to right-size the installation.

The current base operations building will be reconfigured to house headquarters, comptroller flight and force support squadron functions. Then, the aging headquarters building will be demolished and converted to green space. 🐾



Renovations to 167th Maintenance Group facilities are underway to consolidate maintenance functions on the first floor and relocate the 167th Operations Group to the second story of the building, to right-size the Martinsburg, West Virginia, air base. Renovations began in November 2022 and are expected to continue through the spring of 2024. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)





Are you **READY** for the **READINESS EXERCISE**?

"The heart of our mission is to deter aggression. We don't want to fight wars -- we want to prevent them -- and the way you prevent conflicts is to convince the other side that you have the will to resist and the capability to defeat aggression." — Secretary Kendall

WHO

All 167 AW unit members

WHAT

Accomplish mission/s in contested environment

Find areas to improve

Assess internal evaluation processes

WHEN

9–13 August 2023

WHERE

167th AW, Shepherd Field

Simulating operations at deployed location

HOW

9–10 August deployment processing

11–12 August conduct operations at simulated deployed location

Test Multi-capable Airman and Agile Combat Employment concepts

Expect challenging scenarios requiring out-of-the-box thinking

Expect to utilize CBRNE and TCCC skills

Expect rapid generation sorties

Expect rapid generation of alternate operational facilities

WHY

Build confidence in our ability to conduct the mission in a degraded, contested or operationally limited environment.

From “Driving Change in the Presentation and Employment of Airpower”, by Dr. Sandeep “FRAG” Mulgund, PhD., link to article below

AFFORGEN

Enable operational preparedness and readiness through a predictable and sustainable force offering



Integrated by design

Collaborative decisions with allies and partners on interoperability, resource investments, information-sharing, and force development



Agile combat employment

Improve airpower survivability and resilience through dispersal while providing more options for power projection



Mission command

Empower subordinate decision-making for flexibility, initiative, and responsiveness in accomplishing commander's intent

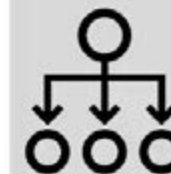


A flexible, interoperable, ready, resilient, and responsive force that prevails across the spectrum of conflict



Multi-capable airmen

Shift toward smaller, multidisciplinary teams able to provide combat support and solve problems with the resources at hand



Wing A-staff construct

Facilitate joint integration of USAF units through standing A-staffs that are ready to support commanders before crises occur

<https://www.airuniversity.af.edu/Wild-Blue-Yonder/Article-Display/Article/3288220/driving-change-in-the-presentation-and-employment-of-airpower/>



Get in, Get Fuel, Get Out

Two A-10C Thunderbolt II aircraft from the 175th Wing, Maryland Air National Guard, flew into Shepherd Field, Martinsburg, West Virginia, Feb. 11, 2023, for a hot refueling training mission with Airmen from the 167th Fuels Management Flight. Hot refueling is the transfer of fuel from a non-aircraft source to an aircraft having one or more engines running and is one of several types of specialized fueling operations that increase efficiency and flexibility for aircraft to conduct Agile Combat Employment operations.



Mountaineer Challenge Academy cadets tour 167th Airlift Wing



The 167th Airlift Wing hosted cadets and staff from the West Virginia National Guard's Mountaineer Challenge Academy - South, Feb 15, 2023. Cadets spoke with Airmen from various career fields and toured the base fire department and a C-17A Globemaster III aircraft during their visit. The mission of the MCA is to train and mentor selected at-risk youth to become contributing members of society in a 22-week, residential, quasi-military environment. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)

Airman SPOTLIGHT

Name:

Staff Sgt. Shayla Ramsey

Hometown:

Mercersburg, Pa.

Job Title:

Client Systems Technician



Staff Sgt. Shayla Ramsey is a client service technician for the 167th Communications Flight and the 167th Airlift Wing Airman Spotlight for March 2023.

As a client service technician, Ramsey is responsible for ensuring the wing's information technologies (IT) function correctly. She troubleshoots and repairs problems, performs information technology support functions and reports and takes corrective measures for security incidents.

Ramsey is a student at West Virginia University. She recently graduated with a degree in Public Health and is enrolled in an accelerated nursing program. She maintains a 3.75 GPA and is a community volunteer.

"Staff Sgt. Ramsey is a highly motivated NCO that consistently demonstrates her abilities to take on any task that she is given," said Master Sgt. Marissa Abe, 167th client service center non-commissioned officer in charge. "She is an IT professional that has shown constant dedication for her work to ensure mission success. In addition to her technical skills, she is an

exceptional mentor who is willing to train and guide members in the shop."

Hometown: Mercersburg, PA

Job Title: Client Systems Technician

How long have you served in the unit? Almost 6 years

How does your job support the 167th's mission? Provide essential communication and network support throughout the wing, by troubleshooting, educating, and assisting a variety of technical issues to assure NIPR and SIPR capabilities.

Civilian job: West Virginia University Student/Clinical Associate at Ruby Memorial Hospital

Education: I am a 2018 graduate of James Buchanan High School. I graduated in 2022 with a Bachelor of Science in Public Health at WVU and am currently in the accelerated nursing program to get my BSN in 2024.

Hobbies: Working out, traveling, concerts, WVU sporting events

Goals: I would like to eventually be a travel nurse and potentially commission!

I am proudest of: The independence the military has given me

People may be surprised to know this about me: My family didn't force me to join (note: Staff Sgt. Ramsey is one of several members of the Ramsey family serving at the 167th AW)

The most exciting thing I've done in the military is: Meet new people, see new places and gain new skills.

One/Some of the most valuable lessons I've learned throughout my career: It's okay to fail. The journey will always lead you to a valuable outcome, even if it wasn't the expected outcome.

Always keep your goals in the back of your head. Life might change your priorities, but each step should be towards a goal.

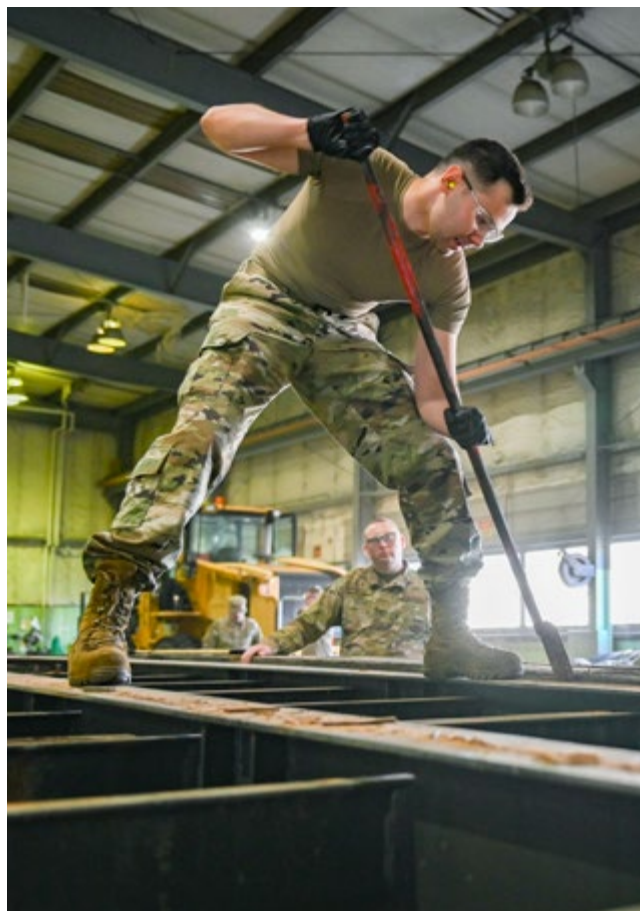
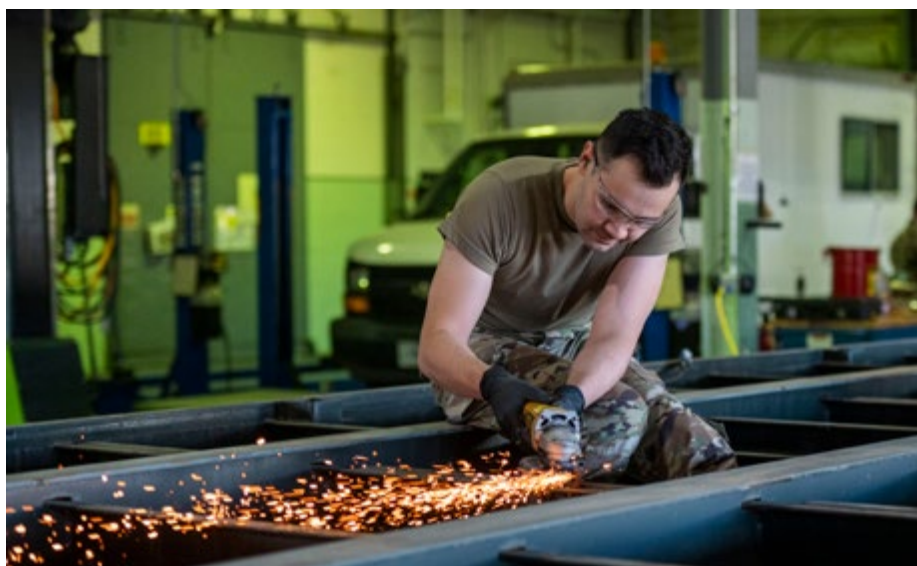
My advice to the newest Airmen in the Wing: Make as many relationships as you can. Whether it is during drill weekends or while on orders, you will most likely run into them again.

The best thing about working with my team is: Seeing how different approaches can lead to a solution. 🐕

FUNCTION FOCUS

VEHICLE MAINTENANCE

Airmen from 167th Vehicle Maintenance removed old floorboards from a flat-bed trailer and installed new ones as part of a restoration project during the unit training assembly at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 4, 2023. 167th vehicle maintenance specialists inspect, troubleshoot and repair a fleet of 151 ground vehicles and equipment at the wing, to include, box vans, dump trucks, de-icing trucks, snowplows and fire trucks. (Air National Guard photos by Tech. Sgt. Timothy Sencindiver and Airman James DeCicco)



Multiple trainings and activities shape another eventful drill at the 167th Airlift Wing in March



Retired U.S. Air Force Colonel Kimberly Sencindiver recalls her military career as a guest speaker, at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 5, 2023. Sencindiver's career began at the 167th Airlift Wing and concluded at the Pentagon. The event was hosted by the wing's Heritage and Diversity Council to celebrate Women's History Month. (Air National Guard photo by Tech. Sgt. Timothy Sencindiver)



U.S. Air Force Staff Sgt. Julianne Arnold, 167th Logistics Readiness Squadron, performs a jaw thrust to simulate opening an airway on Senior Airman Jesse Mier, 167th Logistics Readiness Squadron, during a Tactical Combat Casualty Care (TCCC) training at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 4, 2023. TCCC focuses on prehospital combat care, designed to reduce preventable deaths and limit the risk of battlefield casualties. (Air National Guard photo by Tech. Sgt. Timothy Sencindiver)



Physical therapists Christa D'Egidio and Al Starlings help Airmen stretch their hips during a workshop at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 5, 2023. The event was held to help Airmen learn ways to reduce hip pain with running, squatting, and deadlifting. (Air National Guard photo by Tech. Sgt. Timothy Sencindiver)

Airmen participate in a team building exercise during a joint council meeting at the 167th Airlift Wing, Martinsburg, West Virginia, Mar. 5, 2023. A joint council meeting brings together the various councils on base to discuss issues effecting Airmen. (Air National Guard photo by Tech. Sgt. Timothy Sencindiver)



Airmen assigned to the 167th Airlift Wing's student flight, participate in an activity to build trust and communication skills, during a unit training assembly, March 4, 2023. The Wing Care Team provides resilience sessions to the student flight each UTA. (photo by Sherry Lewis)

Mental Health Updates

by Cristina Firescu-Williams, LCSW-C



Cristina Firescu-Williams, LCSW-C
Director of Psychological Health

Mental well being is something we all strive for. I know there are days when I feel like I'm winning and days when the struggle is real, and I can't wait to hide from the world. We all face tough times and some times are tougher than others. My challenge to you is to do something to improve your mental well-being. Take a walk to clear your mind, do some breathing exercises, prioritize your tasks, and use a positive coping skill to better yourself. If you find that you have used all your coping skills and you are still struggling, come talk to the DPH.

Maybe mental health is not the problem per se, but you have some relationship troubles, need some help figuring out how to not drink as much, your kid is acting out or you have increased stress at work are all valid reasons to talk to the DPH. These are just some examples for why you may see the DPH. There have been some changes to the Psychological Health Program in the last year or so and I wanted to give you all an update. Following are some FAQs about the program:

Who can see the Director of Psychological Health (DPH)?

The DPH may see Guard members (active or inactive), dependents, Title 5 and non-dual status members for assessment and referral to appropriate agencies.

Does the DPH provide therapy?

No. The DPH may provide solution focused interventions such as psychoeducation, problem resolution, resiliency building, coaching and change management for issues which are not the focus of a clinical mental health diagnosis. For example: you have trouble sleeping and the lack of sleep is making you feel depressed. I can work with you to improve your sleep which will then hopefully improve how you feel. If your sleep has improved and you still feel depressed, I can work with you to get you referred to the appropriate service.

What services does the DPH offer?

- Command consultations
- Information, education, skills, and support regarding varying topics
- Group education and/or training
- Information and referral for behavioral health providers
- Disaster mental health
- Brief Counseling*** (documented in the electronic health record)

Will my visit to the DPH be part of my electronic health record?

- All medical cases (those that meet clinical criteria for a mental health diagnosis according to the DSM-5-TR) and
- Cases where Brief Counseling is provided will be documented in the Electronic Health Record.
- All other visits as listed under the services provided by DPH will not be documented.

What is Brief Counseling?

- Brief Counseling is not mental health treatment.
- Brief Counseling is limited to low acuity concerns for clients that DO NOT have a DSM-5-TR diagnosis.
- Brief Counseling is solution focused and guided by SMART goals which should be achieved in 6 sessions or less.

Will my meeting be confidential?

- A copy of the Limits of Confidentiality form can be obtained from the DPH, no questions asked.
- This is not all encompassing, but generally your meetings are confidential unless you disclose suicidal/homicidal thoughts or behaviors, child abuse and/or whatever it is that you are doing is hurting the mission.

Now what?

These are just some of the updates with the psychological health program. Your mental health is most important to me. If you are not sure about something, have questions about services or just need a neutral third party to talk things out, I am here to listen. Reach out and I will do my best to help or point you in the right direction.

23 Ways to Love in 2023

by Chaplain (Lt. Col.) Ronald Faith



**Chaplain (Lt. Col.)
Jonathan Yost**

"Beloved, if God so loved us, we also ought to love one another" 1 John 4:11

Valentine's Day is long in our review mirror, but that doesn't mean we should stop talking about love. When you think about it, love is at the heart of every earthly (and heavenly) relationship. We love a whole lot, and we should love a whole lot more.

I receive a weekly devotional from author and pastor Paul Tripp called Wednesday Word, you guessed it, every Wednesday. Tripp has quickly become one of my go-to Christian authors and teachers. In one of his most recent devotions entitled 23 Ways to Love in 2023, Tripp shares 23 brutally honest truths that will challenge you to go further and love greater. I'll just be honest; they are convicting. But remember, conviction is good for the soul. After all, God designed conviction to bring about change in our hearts which should ultimately draw us closer to God. These 23 expressions of love have stirred my affections for the people God has so graciously placed in my life. It's challenged me to love God, my wife, family, friends, co-workers (you) and neighbors more sacrificially. I pray it will bless you as well!

23 Ways to Love in 2023

<https://www.paultripp.com/wednesdays-word/posts/23-ways-to-love-in-2023>

1. Love is willing self-sacrifice for the good of another that does not require reciprocation or that the person being loved is deserving.

2. Love is being willing to have your life complicated by the needs and struggles of another without impatience or anger.

3. Love is actively fighting the temptation to be critical and judgmental toward another, while looking for ways to encourage and praise.

4. Love is the daily commitment to resist the needless moments of conflict that come from pointing out and responding to minor offenses.

5. Love is being lovingly honest and humbly approachable in times of misunderstanding, and being more committed to unity and love than you are to winning, accusing, or being right.

6. Love is a daily commitment to admit your sin, weakness, and failure and to resist the temptation to offer an excuse or shift the blame.

7. Love means being willing, when confronted by another, to examine your heart rather than rising to your defense or shifting the focus.

8. Love is a daily commitment to grow in love so that the love you offer to another is increasingly selfless, mature, and patient.

9. Love is being unwilling to do what is wrong when you have been wronged but to look for concrete and specific ways to overcome evil with good.

10. Love is being a good student of another, looking for their physical, emotional, and spiritual needs so that in some way you can remove the burden, support them as they carry it, or encourage them along the way.

11. Love means being willing to invest the time necessary to discuss, examine, and understand the problems that you face in your relationship, staying on task until the problem is removed or you have agreed upon a strategy of response.

12. Love is always being willing to ask for forgiveness and always being committed to grant forgiveness when it is requested.

13. Love is recognizing the high value of trust in a relationship and being faithful to your promises and true to your word.

14. Love is speaking kindly and gently, even in moments of disagreement, refusing to attack the other person's character or assault his or her intelligence.

15. Love is being unwilling to flatter, lie, manipulate, or deceive in any way in order to co-opt another into giving you what you want or doing something your way.

16. Love is being unwilling to ask another to

be the source of your identity, meaning and purpose, or inner sense of well-being, while simultaneously refusing to be the source of theirs.

17. Love is the willingness to have less free time, less sleep, and a busier schedule in order to be faithful to what God has called you to be and to do in that relationship.

18. Love is a commitment to say no to selfish instincts and to do everything that is within your ability to promote real unity, functional understanding, and active love in your relationship.

19. Love is staying faithful to your commitment to treat another with appreciation, respect, and grace, even in moments when he or she doesn't seem to deserve it or is unwilling to reciprocate.

20. Love is the willingness to make regular and costly sacrifices for the sake of your relationship without asking anything in return or using your sacrifices to place the other person in your debt.

21. Love is being unwilling to make any personal decision or choice that would harm your relationship, hurt the other person, or weaken the bond of trust between you.

22. Love is refusing to be self-focused or demanding but instead looking for specific ways to serve, support, and encourage, even when you are busy or tired.

23. Love is daily admitting to yourself, the other person, and God that you are not able to love this way without God's protecting, providing, forgiving, rescuing, and delivering grace.

GLORIFYING GOD
SERVING AIRMEN
PURSUING EXCELLENCE





CBD & HEMP

What you need to know



Using CBD, Hemp and other Marijuana-Related Products Can Make Your Career Go “Up in Smoke”!!

What is CBD?

CBD is short for “cannabidiol” and it comes from hemp. You might find CBD used in:

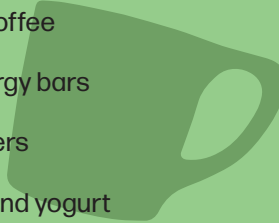
- ✓ Pills, capsules, and softgels
- ✓ Gummies
- ✓ Oils
- ✓ Topicals like lotions, creams, and salves
- ✓ Skin care products, including beauty products, acne treatments, and bath bombs.



What is Hemp?

Hemp comes from the cannabis plant. Hemp may be found in common products including:

- ✓ Hemp milk and coffee
- ✓ Granola and energy bars
- ✓ Chips and crackers
- ✓ Protein powder and yogurt
- ✓ Shampoo and conditioner
- ✓ Lotion, soap, and hand sanitizer



! YOU must be diligent in detecting CBD and Hemp in all products that you use!! !

ADMINISTRATIVE ACTIONS

Knowing use, possession, or distribution of marijuana and any product derived from or containing marijuana, including CBD, is illegal for all military members under Article 112a, Uniform State Code of Military Justice (WV Code § 15-1E-112a). The USCMJ applies to all members of the state military forces at all times. (WV Code § 15-1E-2(a))

United States Army and United States Air Force regulations prohibit the use of hemp or hemp-derived products, including CBD. A knowing violation of these prohibitions is an offense under Article 92, USCMJ (WV Code § 15-1E-92): **Air Force:** AFMAN 44-197, paragraph 1.2.2.1 **Army:** AR600-85, section 4-2p

Additionally, CBD or products made with hemp are specifically prohibited by Paragraph 6 of Joint Policy Memorandum NGWV-TAG-JP-21-005, West Virginia National Guard Substance Abuse Policy, dated 08 December 2021, which states: “WVNG Service Members are prohibited from using any products containing Cannabidiol (CBD) Oils or products made with hemp.”

The use, possession, or distribution of marijuana and any product derived from or containing marijuana, including CBD and Hemp, can result in mandatory discharge



**ILLEGAL OR IMPROPER DRUG USE DIRECTLY IMPACTS
MISSION READINESS AND WILL NOT BE TOLERATED.**

<https://www.afmc.af.mil/News/Article-Display/Article/3155232/dod-prohibited-substances-marijuana-cbd-and-hemp/>

Do you have your 20 year letter for NG military retirement?

Want to know more about benefits, retirement steps or resources?



MILITARY RETIREMENT PLANNING SEMINAR

Saturday, 1 April 2023

0800-1200

167 Airlift Wing Auditorium, Building 120

Open to all WVNG service members and their spouse/significant other

Registration required for seating by 24 Mar 2022

Email Sherry.lewis.1@us.af.mil to register.

0800-0815 – Welcome & Intro

0815-0835 – Retirement Briefing by 167AW Force Support Squadron

0835-0855 – 167 AW Finance Office Retirement Briefing

0855-0920 – Tricare - Ms. Sherry Cantrell & Ms. Mandy Hatfield, WVNG Tricare Representatives

0920-0930 – Break

0930-1030 – Survivor Benefit Plan - Ms. Heather Walrath, Education Presenter and Military Benefits Liaison

1030-1100 – Retirement & Finances - Ms. Marjorie McLean, Personal Financial Counselor

1100-1130 – WV Department of Veterans Assistance, Veteran Service Officer

1130-1200 – Q&A

**Note – some briefings may start earlier or later than their scheduled time, depending on the presenter.*

Celebrating
Women
Who Tell
Our Stories

WOMEN'S HISTORY MONTH

Advocate

JOURNALIST

FAMILY
WRITER

SPOKESPERSON

ACTIVIST

SCIENTIST

LEADER

EDUCATOR

ARTIST

MARCH



Antiterrorism & Force Protection - SUSPICIOUS PERSONNEL

submitted by Capt. Roderick Toms

These tips address suspicious people and activity.

GENERAL SECURITY:

- Instruct family and friends not to provide strangers with information about you or your family.
- Be alert to strangers who are on government property for no apparent reason.
- Report all suspicious persons loitering near your residence or office; attempt to provide a complete description of the person and/or vehicle to Security Forces.
- Don't open doors to strangers.
- Report all threatening phone calls to security officials.

BE SUSPICIOUS:

- Be alert to public works crews and, if overseas, other foreign nationals requesting access to your residence; check their identities through a peep-hole before allowing entry.
- Be alert to peddlers and strangers.
- Write down license numbers of suspicious vehicles; note descriptions of occupants.
- Treat with suspicion any inquiries about the whereabouts or activities of other family members.
- Report all suspicious activity to Military/Security Forces or local law enforcement.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.

These tips, and other important information are located in the CJCS Guide 5260, Service Member's Personal Protection Guide: A Self-Help Handbook to Combating Terrorism, which can be found on the base intranet.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.

The 167th Airlift Wing Antiterrorism Officer is Capt. Roderick Toms, 242-5084.





Floods!



Results from rain, snow, coastal storms, storm surge, and overflows of dams and other water systems



Develops slowly or quickly. Flash floods can come with no warning



Causes outages, disrupt transportation, damage buildings, create landslides



FLOODING IS A TEMPORARY OVERFLOW OF WATER ONTO LAND THAT IS NORMALLY DRY. FLOODS ARE THE MOST COMMON NATURAL DISASTER IN THE UNITED STATES. FAILING TO EVACUATE FLOODED AREAS OR ENTERING FLOOD WATERS CAN LEAD TO INJURY OR DEATH!

- **Staying Safe During a Flood**

- Gather emergency supplies and follow local radio or TV updates.
- Unplug appliances to prevent electrical shock when power comes back on.
- Do NOT drive or walk across flooded roads. Cars and people can be swept away.
- When power lines are down, water is in your home, or before you evacuate, TURN OFF gas, power, and water.
- Tie down or bring outdoor items inside.
- Recognize Flood Risk
 - Identify flood-prone or landslide-prone areas near you.
 - Know your community's warning signals, evacuation routes, and emergency shelter locations.
 - Know flood evacuation routes near you.



- **Staying Safe After a Flood**

- Throw away items that cannot be disinfected, like wall coverings, cloth, rugs, and drywall.
- Use fans, air conditioning units, and dehumidifiers for drying.
- For cleanup, wear rubber boots and plastic gloves.
- Clean walls, hard floors, and other surfaces with soap and water. Use a mixture of 1 cup bleach ar
- Caution! Flood water may contain trash.
- Practice Safe Hygiene
 - Wash hands with soap and water to help prevent germs.
 - Listen for information from your local officials on how to safely use water to drink, cook, or clean.



“We hope for the best but prepare for the worst.”

STAFF JUDGE ADVOCATE







167th LEGAL TEAM

The 167th Legal Office provides professional legal advice and counsel to command and staff agencies.

We also provide on-target and on-time legal advice and assistance to military members, retirees and their family members. Legal assistance is provided in a wide range of areas including:

- Family Law
- Will & Living Wills
- Landlord-Tenant Issues
- USERRA Rights.

The contents of your legal assistance appointment are attorney-client privileged.

All staff members are Drill Status Guardsmen (DSGs) and have limited availability to provide legal assistance outside of the UTA weekends.



Need to create a will or power of attorney? Access the worksheet [here](#).



If you are under investigation for military misconduct or subject to adverse military administrative action, please contact the Area Defense Counsel for legal advice.

Headquarters (Bldg. 120) Rm 114
Phone: 304-616-5336; DSN: 242-5336
167HQ.JA.Legal@us.af.mil

AREA DEFENSE COUNSEL (ADC)



Capt Bradley Dunkle
Area Defense Counsel for all
members of the WVANG

AREA DEFENSE COUNSEL (ADC) CONTACT INFORMATION:

Capt Bradley Dunkle, WVANG
Area Defense Counsel

Office: Bradley.dunkle1@us.af.mil (UTA)

OFF UTA: 304-412-3456 (cell)
bdunkle@dunklewv.com

If you are needing representation concerning investigation for military misconduct, actions of counseling, or administrative discharge; you may contact your Area Defense Counsel (ADC). Your ADC has offices located at the 167th Airlift Wing in Martinsburg, WV and at the 130th Airlift Wing in Charleston, West Virginia

The ADC provides members of the West Virginia Air National Guard with legal representation when facing potential adverse or administrative actions. Your ADC is an experienced Judge Advocate located outside of your local chain of command, which prevents any appearance of, or possible command influence or conflicts of interest. This allows airmen of the WVANG to receive completely confidential representation and assistance.

You may need to contact your ADC if you are facing any action against you such as:

- WV Non-Judicial Punishment
- Administrative discharge and Demotion actions
- Denial of Reenlistment
- Referral EPRs/OPRs
- Suspect Rights Advisements
- LOCs, LOAs, and LORs
- UIF entries and control rosters
- Any other adverse actions in which counsel for an individual is required or authorized

The ADC is not able to assist in certain areas such as personal civil legal matters and congressional complaints. However, if you have any questions as to the availability of our services, please call to make an appointment.

The Area Defense Counsel is available for WVANG members only. Sister services must contact the nearest servicing base for representation.

Sexual Assault Prevention & Response

**Have questions? Need Help?
We're here for you!**

**West Virginia National Guard
Sexual Assault Response Coordinator:**

Jenny Colagrosso

Office: 304-561-6681; DSN: 623-6681

24 hour Blackberry: 304-541-0573

jenny.r.colagrosso.civ@mail.mil

167th Airlift Wing

Sexual Assault Response Coordinator:

Lindsey Hash

Office: 304-616-5991; DSN: 242-5991; Cell: 304-839-9157

lindsey.hash@us.af.mil

167th Airlift Wing

Volunteer Victim Advocate:

Emily Beightol-Deyerle

Office: 304-616-5251; DSN: 242-5251; Cell: 304-268-3706

emily.beightol_deyerle.2@us.af.mil

24/7 Sexual Assault Support for DoD Community

DoD Safe Helpline:

Call: 877-995-5247

Texting: (*55-247);

Texting outside the US: (202-470-5546)

Online Resources: www.safehelpline.org





Combating Trafficking in Persons Program Management Office

U.S. Department of Defense

What is Trafficking in Persons (TIP)?

*The **use of force, fraud, or coercion** to compel a person to provide labor, services, or commercial sex. Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking (no force, fraud or coercion need be proved). TIP is the recruiting, harboring, transporting, providing, or obtaining a person for the purpose of exploitation. In sex trafficking, it also includes soliciting and patronizing.*

Common Types of TIP: Labor Trafficking, Sex Trafficking, Child Soldiering, Domestic Servitude, Debt Bondage/Peonage, Involuntary Servitude

Who is at risk?

Victims can be of any:

- Race
- Gender
- Nationality
- Social status
- Economic status
- Immigration status

Vulnerable populations:

- Undocumented migrants
- Runaway and homeless youth
- Women and children with limited resources
- Oppressed social or cultural groups
- People displaced by natural disaster or civil conflict
- Victims of prior sexual or physical abuse

What are some indicators of TIP?*

Physical/Environmental indicators. Victims may:

- Have signs of physical abuse (bruises, cuts, burns, broken bones)
- Not possess identification papers
- Live at or be confined to their worksite
- Be escorted or closely monitored at all times
- Be in debt bondage to employer
- Suffer medical conditions such as serious communicable diseases, injuries from violence or hazardous work conditions, malnutrition, dehydration

Psychological/Behavioral indicators. Victims may be:

- Fearful
- Submissive
- Anxious
- Nervous
- Depressed
- Dependent on others
- Emotionally abused
- Lacking ability to move freely

*Indicators listed are not absolute signs of TIP, but when presenting with several are a sign of TIP.

How to respond if TIP is suspected:

If you suspect a TIP situation, do not get directly involved. **Report the situation to the appropriate authority immediately:**

Chain of Command

DoD Inspector General Hotline

1-800-424-9098, or visit

<http://www.dodig.mil/hotline/>

National Human Trafficking Resource Center

1-888-373-7888

Local Law Enforcement

Report and avoid any establishments or persons that you believe may be involved in TIP.

Never act alone, you may want to help, but trafficking situations are dangerous.

www.ctip.defense.gov



ACCOLADES



Welcome

AB Henry Glavez-Gonzalez, MSG
AB Isabella Bonner, MDG
AB Sebastian Burgos, AS
A1C Patrick Schulz, MSG
SrA Anthony Worrell, SFS

Welcome Back from Technical Training

A1C Brayden Locke, LRS
A1C Ellis Shanholtz, AS

Promotions

To Airman First Class

Noah Carder, CPTF

To Staff Sergeant

Julianne Arnold, LRS
Alexis Unger, LRS
Connor Ottaviano, MXS
Taylor Gray, MXS

Promotions

To Technical Sergeant

Tyler Cole, AS
David Forbes, MXS
Corey Kershner, MXS
Jason Marshall, MXS
Garrett Morris, MXS

To Master Sergeant

Ryan Smith, MXS

To Senior Master Sergeant

Thomas Laign, CES

Retirements

MSgt Roger Davis, MXS
MSgt Todd Glover, OSS

DEOCS

The DEOCS is conducted to provide you a confidential way to give your senior leadership feedback on the climate in your workplace, their leadership, and issues that impact you and others in 167th Airlift Wing. Results from your entire unit's DEOCS will be briefed to your senior leadership and will have a direct impact on your life and on the lives of the people you work with. Your answers on the DEOCS are completely confidential. No one you work with, including your coworkers and your immediate supervisor, will be able to identify how you respond to any DEOCS questions. 167th Airlift Wing's DEOCS is only available for a limited time. Participation is voluntary, but to have your voice heard, we need to hear from you soon. If you have any questions about the DEOCS, please contact your DEOCS administrator, at owen.martz@us.af.mil.

Go to the DEOCS now



Retirees Association

The 167th Retirees Association is an "All Ranks, All Services" organization which meets the third Tuesday of each month at 1900 hrs in the Base Auditorium, Building 120. Retirees are welcome to drop in or contact us at ww167RA@gmail.com

Easter Egg Hunt



- Cake Walk
- Crafts
- Button Maker
- Egg Hunts (Ages 0-4 & 5-12)
- Easter Bunny
- Refreshments
- DJ Music

PLEASE Help with the fun!

We are in need of cookies, cupcakes and cakes for our cake walk. Volunteers are always welcome to join the Family Readiness Group. Please contact Ron Glazer (301-992-4803) or send an e-mail to 167AWFRG@gmail.com.



